



# United States Army

## World Class Athlete Program

An Army Morale, Welfare and Recreation Activity  
*U.S. Army Community and Family Support Center*  
4700 King Street, Alexandria, VA 22302-4418



### Army Athlete Profile: Specialist Sara Day



**Track & Field**  
**10,000m**

**Date of birth:**  
**November 17, 1978**

**Hometown:**  
**Clemmons, NC**

**Military Occupation:**  
**Preventative Medicine**

**Military Rank:**  
**Specialist/E-4**

**Spc. Sara L. Day** is a member of the World Class Athlete Program's Track & Field Team.

A 2001 three-time NCAA All-American, Spc. Day has been competing in Track & Field events since 1993. She captured a silver medal at the 2001 NCAA National Championships and finished eighth at the 2001 NCAA Indoor Championships. In 2001 she also had a tenth-place finish at the 2001 USA Track & Field National Championships, and finished fifth at the 2001 World University Games.

A specialist in Preventative Medicine, Spc. Day entered the Army on 6 January 2002. She completed basic training in March 2002 and advanced individual training in July 2002.

Spc. Day joined the Army "to represent something big. Being a member of the Army's World Class Athlete Program is important to me because I love my country, I love my sport, and I get to be a big part of both."

Spc. Day loves her particular sport because it calms her and fuels her at the same time, and she loves to win. She gets pumped up for competition by going over her lap splits, and knowing she will hit them.

When Spc. Simpson is not practicing or training she likes to hang out with her friends, read, and babysit children.

She is a graduate of Ledford Senior High School in Thomasville, N.C., and Wake Forest University in Winston-Salem, N.C.

Personal Best: 10,000m – 33:24

For more information about the United States Army's World Class Athlete Program, contact the CFSC Public Affairs Office, [pao@cfsc.army.mil](mailto:pao@cfsc.army.mil), 703-681-1545/47/48 or visit [www.armymwr.com](http://www.armymwr.com).